



## INVITATION & RULES CTA MEETS 1,2 & 3

Dear WCA District Boards & Clubs,

With Covid making it difficult for all WCA swimmers to get times on the database this season, CTA has decided to open our CTA Meet 1, 2 & 3 to all swimmers within WCA to participate.

### ENTRY FEES

1. R40 per splash for Individual races.
2. R5 surcharge
3. Those swimmers swimming out of district will pay an additional R10 per entry above the normal entry fee.

### ENTRIES

1. Entries must be submitted on or before the due date in the following manner:
  - a. Correspondence with regards entries, changes, late entries, scratching's etc. will ONLY be accepted from the Swimboard convenor of each District Data.
  - b. Scratching's on pool deck will only be accepted from the club coach.
  - c. The following information should be submitted by email to the CTA Swimboard Convenor at [swimboard@ctmaquatics.co.za](mailto:swimboard@ctmaquatics.co.za)
    - i. a Commlink file created on Team Manager
    - ii. a pdf document entry report by name to include proof of time and the standards applicable for the meet
    - iii. a pdf document entry fee report
    - iv. attendance register for all swimmers, coaches and officials attending the meet per session (document attached)
    - v. Clubs failing to provide adequate officials will have their entries rejected and returned.
    - vi. The entry fee for any entry received, that does not comply will be forfeited.
    - vii. Proof of payment MUST accompany all gala entries.
2. Late entries will be accepted at 10 x the original entry fee.
3. No exceptions to this will be made.

**\*\*\* OOD = Out of District**

DATE	MEET NAME	VENUE	District	EVENT FEES	Surcharge	ENTRIES DUE DATE
07&08 Nov'20	CTA Meet #1	Reddam SW	CTA CTA OOD OOD	R40 per event 10 X R40 per event R50 per event 10 x R50 per event	R5	27Oct'2020 Late - from 28Oct'2020until 9am 30Oct'2020 27Oct'2020 Late - from 28Oct'2020until 9am 30Oct'2020
21&22 Nov'20	CTA Meet #2	TBC	CTA CTA OOD OOD	R40 per event 10 X R40 per event R50 per event 10 x R50 per event	R5	09Nov'2020 Late - from 10Nov'2020until 9am 13Nov'2020 09Nov'2020 Late - from 10Nov'2020until 9am 13Nov'2020
27&28 Feb'21	CTA Meet #3	TBC	CTA CTA OOD OOD	R40 per event 10 X R40 per event R50 per event 10 x R50 per event	R5	15Feb'2021 Late - from 16Feb'2021 until 9am 19Feb'2021 15Feb'2021 Late - from 16Feb'2021 until 9am 19Feb'2021



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### SESSION REPORT

**No Show = R300 / Please scratch timeously**  
**Session Report**

Session: 1 11 & under

Day of Meet: 1 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

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Finals	1 Mixed 11 & Under 400 Freestyle
Finals	2 Mixed 11 & Under 100 Backstroke
Finals	3 Mixed 11 & Under 200 Freestyle
Finals	4 Mixed 11 & Under 100 Breaststroke
Finals	5 Mixed 11 & Under 100 Freestyle
Finals	6 Mixed 11 & Under 50 Butterfly

Session: 2 12 to 13 years

Day of Meet: 1 Starts at 11:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

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Finals	7 Mixed 12-13 400 Freestyle
Finals	8 Mixed 12-13 100 Backstroke
Finals	9 Mixed 12-13 200 Butterfly
Finals	10 Mixed 12-13 200 Freestyle
Finals	11 Mixed 12-13 100 Breaststroke
Finals	12 Mixed 12-13 100 Freestyle
Finals	13 Mixed 12-13 400 IM
Finals	14 Mixed 12-13 50 Butterfly

Session: 3 14 & over

Day of Meet: 1 Starts at 02:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

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Finals	15 Mixed 14 & Over 400 Freestyle
Finals	16 Mixed 14 & Over 100 Backstroke
Finals	17 Mixed 14 & Over 200 Butterfly
Finals	18 Mixed 14 & Over 200 Freestyle
Finals	19 Mixed 14 & Over 100 Breaststroke
Finals	20 Mixed 14 & Over 100 Freestyle
Finals	21 Mixed 14 & Over 400 IM
Finals	22 Mixed 14 & Over 50 Butterfly

**No Show = R300 / Please scratch timeously**  
**Session Report**

Session: 4 11 & under

Day of Meet: 2 Starts at 08:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

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Finals	23 Mixed 11 & Under 100 Butterfly
Finals	24 Mixed 11 & Under 50 Freestyle
Finals	25 Mixed 11 & Under 200 IM
Finals	26 Mixed 11 & Under 50 Backstroke
Finals	27 Mixed 11 & Under 200 Breaststroke
Finals	28 Mixed 11 & Under 200 Backstroke
Finals	29 Mixed 11 & Under 50 Breaststroke

Session: 5 12 to 13 years

Day of Meet: 2 Starts at 11:30 AM Heat Interval: 30 Seconds / Back +15 Seconds

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Finals	30 Mixed 12-13 100 Butterfly
Finals	31 Mixed 12-13 50 Freestyle
Finals	32 Mixed 12-13 200 IM
Finals	33 Mixed 12-13 50 Backstroke
Finals	34 Mixed 12-13 200 Breaststroke
Finals	35 Mixed 12-13 200 Backstroke
Finals	36 Mixed 12-13 50 Breaststroke

Session: 6 14 & over

Day of Meet: 2 Starts at 02:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

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Finals	37 Mixed 14 & Over 100 Butterfly
Finals	38 Mixed 12 & Over 1500 Freestyle
Finals	39 Mixed 14 & Over 50 Freestyle
Finals	40 Mixed 14 & Over 200 IM
Finals	41 Mixed 14 & Over 50 Backstroke
Finals	42 Mixed 14 & Over 200 Breaststroke
Finals	43 Mixed 14 & Over 200 Backstroke
Finals	44 Mixed 12 & Over 800 Freestyle
Finals	45 Mixed 14 & Over 50 Breaststroke



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### MEET INFORMATION

1. Meets will take place over 2 days.
  - a. Session 1, 2 & 3 = Saturday
  - b. Session 4, 5 & 6 = Sunday
2. 6 sessions EG
  - i. Session 1 & 4 – 11 & Under
  - ii. Session 2 & 5 – 12 to 13
  - iii. Session 3 & 6 – 14 & Over
    - Subject to change due to numbers.
3. Sessions 2, 3, 5 & 6 start times to be decided after entries received.
4. Heats will be swum fast to slow.
5. Please note that the swimmers' age is at the first day of the competition.
6. All events will be swum as timed finals at these meets.
7. **Swimmers may enter as many events as they wish for CTA MEET #1**
8. **Swimmers may enter as many events as they wish for CTA MEET #2**
9. **Swimmers may enter as many events as they wish for CTA MEET #3**
10. NT's will be accepted
11. Custom times will **not** be allowed.
12. Age groups 11 & under, 12 to 13 and 14 & over.
13. 200fly; 400IM, 800free & 1500free – 12 & over
14. CTA Meets will be swum in a 25m & 50m pool. Depending on availability of 50m pools.
15. **Participation at these MEETS**, will be dependent on the swimmer being **APPROPRIATELY CAPITATED**.
16. **Events for Para swimmers** – Any Para swimmer may compete at QUALIFYING galas.
17. No relays will be swum at the qualifying galas.
18. Swimmers who wish to enter 400free should have a time for the 200 free on the db.
19. Swimmers who wish to enter the 800 & 1500free should have a time for the 400free on the db.
20. All scratchings must be done 1 hour prior to the start of the session in which these events will take place.
21. **There will be a No Show fine of R300, please scratch timeously.**
22. Any appeal to the Referee should be done in writing and submitted (together with a R200 fee) at the recording table within 30 minutes after the results have been announced.
23. The Referee's decision will be final.
24. Only COACHES will be allowed at the technical table.
25. Cape Town Aquatics will not be held liable for any injuries sustained on the premises during the meet.
26. Right of Admission Reserved.
27. COVID protocols will always strictly be adhered to.
28. **NO spectators are allowed at the venue or precinct of a sports venue during an event.**
29. It is important that the distance of one and a half meter must always be observed.

### WARM-UP AND COMPETITION

- a. No equipment is allowed on pool deck during warm-up or the event.
- b. **COVID protocols will be emailed closer to the start of the gala.**



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### SWIMMERS, COACHES & OFFICIALS

1. 10 lane pool
2. 250 Pax for venue
3. **Swimmers & Coaches = 207 maximum**
  - 30 swimmers on pool deck at one time
    - Maximum 10 swimmers in water
    - 20 swimmers standing in 2 rows of 10 each with social distancing rules separation, moving to behind timekeepers only when called by the steward.
  - 60 swimmers upstairs at call rooms.
    - The next 6 heats report at the same time with social distance rules in Call Room 1 & Call Room 2 and filter in as the last 10 swimmers leave the water.
    - 30 swimmers (3 heats x 10 swimmers each) = Call Room 1
    - 30 swimmers (3 heats x 10 swimmers each) = Call Room 2
  - 82 swimmers (in stands with their club coach maintaining social distancing)
  - 35 Coaches on pool deck (one per club)
4. **Technical officials = 43 officials maximum**
  - 1 x Referee
  - 1 x Starter
  - 2 x Judges of stroke (one (1) judge on each side)
  - 5 x Judges (inspector of turns – finishing end) = at least one (1) for 50% of the lanes in use
  - 10 x Judges (inspector of turns – turn's end) = at least one (1) for each lane in use
  - 2 x Chief Timekeepers
  - 10 x Timekeepers 1 watch and electronic button each.
  - 1 x ETD
  - 1 x Data processor (Hytek TM)
  - 1 x Announcer
  - 3 x Call Room Marshalls (1 Upstairs, 1 Hallway, 1 on Pool deck)
  - 1 x Compliance Officer
  - 2 x Support Staff – CTA Swimboard
  - 2 x Support Staff - Bathrooms
  - 1 x Support Staff – Door Signing of attendance register
  - We ask all clubs to please provide officials, please help us to run this gala efficiently.
  - The one official per three swimmers per session rule applies.

### COVID COMPLIANCE

1. Everyone entering the facility will have their temperature will be taken and checked for a normal range.
2. Please ensure that if you have not done so, you need to register the parents who will be officiating for this gala. (Unique Covid Number)
3. Each club must please be seated in the demarcated areas clearly marked with your club's name, this will keep within facility rules of numbers and social distancing.
4. Please note that the outside grass area adjacent to the pool will be available for clubs to setup their gazebos should they want to.
5. **COVID protocols will be emailed closer to the start of the gala.**



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### WARM-UPS

1. Warmups must be prebooked CTA will allocate 15-minute slots for clubs to warm up and to keep within facility rules of numbers and social distancing.
2. 15 minutes for swimmers just to get a feel for the water and starting blocks.
3. Dryland warmup recommended

### TUCKSHOP/VENDORS

1. There will be a tuck shop & Vendors.
2. If there are any vendors that would like to be at the gala, they can contact Eric.
3. Please note that all vendors will be stationed outside the venue, not indoors.

Kind Regards  
Team CTA

